

# Eifel Times

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Spangdahlem Air Base, Germany

[www.spangdahlem.af.mil](http://www.spangdahlem.af.mil)

July 21, 2006

## News Briefs

### Wing welcomes new vice commander

Team Eifel welcomes Col. Thomas J. Feldhausen, his wife Lori, and their children, Michael, Erika and Ryan, who arrive this week. Colonel Feldhausen is the 52nd Fighter Wing vice commander. He comes to us after spending a year as an Air Force Fellow.

### Youth Programs fee increase

Beginning Aug. 1, the 52nd Services Squadron Youth Programs will increase the price of membership for children ages 6-18, from \$12 to \$24 per year. The price increase offsets the increased cost of business for all Youth Programs. For more information, call Sally Fuller at 452-7546.

### 52nd CS network outage

The 52nd Communications Squadron network outage takes place today at 9 p.m. The outage affects both the NIPR and SIPR net e-mail accounts. For details, call the Ramstein AB Help Desk at 478-4357.

### Smart Card Logon

The deadline to register Common Access Cards on the network is Monday, and accounts are discontinued if not done before the deadline. People need to put their cards into their Smart Card Logon machine to register. July 31 is the mandated switchover to SCL throughout the base. For details, call your client support administrator.

### Immunization clinic new hours

The allergy/immunization clinic has new hours July 31 through Sept. 8. The clinic is open Mondays through Fridays from 7:30 a.m. to noon, and 1-4:30 p.m. Allergy shots are given weekdays from 7:30-11:30 a.m., and 1-3:30 p.m. For details, call Staff Sgt. Terri Elftmann at 452-8551.

### Dorm managers needed

Spangdahlem AB needs dormitory managers. People in the rank of staff sergeant and above with a minimum of two years on station, and the option to extend one additional year can apply for the job. Requirements include letters of recommendation from commander and first sergeant; copies of last five EPRs; and application form. The deadline to apply is Aug. 4. For details, call Master Sgt. Roderick Hubbard at 452-6692 or Tech. Sgt. Michael Kelley at 452-6017.

## Bitter pill to swallow

Read "One AF family hopes their tragic loss can help save others" on Page 4.



Photo by Airman 1st Class Andrew Oquendo

### A-10, ready for action

Capt. Jason Shemchuk exits his plane at Bagram Air Base, Afghanistan, after flying a mission July 6 in support of Operation Enduring Freedom. The A-10 is used for close-air support. Captain Shemchuk is assigned to the 81st Expeditionary Fighter Squadron.

## USAFE continues transformation for future

By Gen. Tom Hobbins

U.S. Air Forces in Europe Commander

**RAMSTEIN AIR BASE, Germany** (USAFENS) -- U.S. Air Forces in Europe may be the oldest major command in the Air Force, but has been in a constant state of change since the end of the Cold War.

Over the years, we have transformed into a lighter, leaner, and more lethal expeditionary force focused on ensuring freedom's future throughout the theater. As our transformation continues, our vision and mission have evolved to meet the challenges of our ever-changing climate.

USAFE has once again adapted to meet the needs of this changing climate by developing a new vision and mission that reflect our focus on interdependence, recapitalization and modernization, and taking care of our most important asset -- our people. They will set a course for the command to not only fly, fight and win in air, space, and cyberspace, but also build teams to help us leverage the capabilities of our sister services, allies and coalition partners.

Our new vision states we are leading U.S. European Command's recognized expeditionary air component and enabling global mobility and strike, Area of Operations stability and security through the full spectrum interdependent exploitation of air, space and cyberspace. The context here is for all service leaders in our parent commands like EUCOM and USAF to value and recognize us as expeditionary, able to fulfill the operational demands of the entire spectrum of operations because we are experts at exploiting air, space and cyberspace.

While the vision encompasses our overall focus, our new mission addresses the specifics of delivering a full spectrum of options to the Combatant Commander, as well as taking on the mantle of joint and NATO coalition force leadership. Our Warfighting Headquarters would be that organization with that leadership. We are an Air Force at war, so we must be able to provide options like deploying our A-10s, civil engineers or medical personnel downrange, or the 32 Air Operations Center

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USAFE



to Al Udeid, or moving our CRG to open a base or contributing to NATO's Response Force, in order to prosecute that conflict.

As we focus on providing the right capabilities to our Combatant Commander, we must also ensure that we have the most up-to-date weapons

systems that facilitate intraservice interoperability to do so. The recapitalization of our aircraft is also critical to this. For example, acquiring aircraft like the C-130J and potentially the C-17 will help us meet the challenging demands of airlift in theater.

While recapitalization and modernization are critical, we must not forget that partnerships and coalition building are key to our success as a command. USAFE must continue to invest in Theater Security Cooperation to bolster our relationships with our allies and coalition partners. Our Theater Cooperation Teams must continue to promote regional stability through focused theater engagement in nations like Bulgaria, Romania, Niger, Ghana, South Africa, Algeria, and a variety of other countries. These teams are forging important partnerships that will inevitably advance the Global War on Terror and help prevent the development of terrorist networks.

Finally, our investment in our people cannot go unmentioned. Without our people, there would be no mission. Our most valuable resource is our Airmen who are the heart and soul of what we do, and we will continue to focus on quality of life issues to make sure their needs are met. We will also concentrate on programs like AFSSO 21, which will help us make the right process changes to eliminate unnecessary effort, while continuing to take care of our Airmen during a very transformational time for our Air Force.

As the oldest major command in the Air Force, USAFE will continue to transform and create visions and missions that meet the needs of the current and future security climate.

We will seek new ways to make the most efficient use of our equipment and people assets, while looking to the future to forge new partnerships and continue the fight for freedom's future.

**RESCON** Watch

**BRAVO**

1-2 DUIs in the Last 30 Days

Days since last DUI: **12**

Rank of last DUI: staff sergeant  
Squadron of last DUI: 52nd SFS

Data Courtesy of the 52nd SFS

When going out, have a plan or call Airmen Against Drunk Driving at 06565-61-2233.





Photo by Master Sgt. George Smith, Jr.

## Switchcraft

Senior Airman Amanda DeMarco, 187th Communications Flight administrative support technician, and Tech. Sgt. John Sander, 52nd Communication Squadron NCOIC of network operations, monitor network hubs and switches around the base to determine which areas need maintenance. About 60 members of the 117th Air Refueling Wing from Alabama Air National Guard base are training here in various duties for two weeks.

## Ammo Airmen arm Bagram's warfighters

Deployed Sabers, AF Reserve peers play critical role in defending DoD assets in OEF

By Maj. David Kurle

455th Air Expeditionary Wing Public Affairs

**BAGRAM AIR BASE, Afghanistan (AFPN)** -- Bombs, bullets and explosives are hazardous to friend and foe alike, but are handled with care by the men and women of the 455th Expeditionary Maintenance Squadron Munitions Flight.

Known as "ammo" troops, the Airmen of the munitions flight here handle all of the bombs, ammunition, defensive ordnance, explosives and bullets used by the Air Force in support of Operation Enduring Freedom.

"Without ammo, the A-10 would be just a flying observation platform," said Senior Master Sgt. Brad Wilson, assistant flight superintendent. "You wouldn't have security forces out there with loaded weapons, they'd be using sticks and stones."

The munitions flight takes charge of all ordnance until it leaves Bagram, either on an aircraft or in the magazine of a firearm, according to Sergeant Wilson, an Air Force reservist deployed from the 442nd Fighter Wing at Whiteman Air Force Base, Mo.

The flight receives ordnance from supply points, inspects it, stores it, combines different components to build it for bombs and missiles, then delivers it where it needs to go, whether to the flightline or for individual issue, in the case of small arms.

"If you don't inspect it, it could be damaged in such a way that it won't work as expected," Sergeant Wilson said. "We don't want to put something out there that will hurt someone or something that won't function."

In addition to the 442nd FW, members of Spangdahlem Air Base's 52nd Fighter Wing in Germany and the Kansas Air National Guard's

184th Air Refueling Wing also work in the munitions flight.

"I think our crew has been pretty well integrated," said Staff Sgt. Josh Brewster, a munitions specialist from the 52nd FW. "And, from what I've seen on the flightline, they've meshed pretty well out there, too."

"Watching the integration of active duty and Reserve, then accomplishing the mission is the best part about being deployed," said munitions specialist Staff Sgt. James, a reservist from the 442nd FW.

However, working in ammo is not all bombs and bullets. Ammo troops must also maintain auxiliary equipment, such as trailers used to transport ordnance.

"I don't know too many guys in munitions who like doing trailer maintenance," Sergeant Wilson said. "But it's one of those jobs that has to be done."

All the ammo troops in the 455th EMXS need to be proficient, and proficiency comes from training and actually performing their war-time tasks repeatedly at their home units, with some differences.

"It pretty much feels like working back home, except that we're not building (training bombs)," said Master Sgt. Leroy Williams, referring to munitions dropped by the A-10s of the 442nd FW when they are not deployed. "It's interesting knowing that your end result in Afghanistan is helping out our troops on the ground."

"I know why they're dropping bombs here," said Master Sgt. Robert Jackson, a reserve munitions specialist from the 442nd FW. "It's to save our guys' lives. So the least we can do is give them ordnance that works."

"A big part of our pride comes from knowing that we're getting those bombs and bullets out there to help our Army brethren," Sergeant Wilson said. "When ammo works, it's because we did our job."

## Fire, burglary, flood damage

Legal office suggests investing in renter's insurance to safe guard against losing more than personal property

Staff reports

If an apartment gets broken into and somebody steals the television, DVD player, stereo system and other valuables, who pays to replace those items? If a child playing with matches causes a fire to break out in living quarters, who pays for the damage to the furniture, possessions and quarters? If people have renter's insurance, they would be covered; without renter's insurance, they are responsible for the entire loss.

Dealing with a theft, fire or natural disaster can be an emotional and frustrating experience, and the added worries of trying to figure out how to replace lost items can add to the stress of the situation. Purchasing renter's insurance provides peace of mind for a relatively low cost.

All military members renting a house or apartment should consider investing in renter's insurance, even people living in government housing. Although landlords may have insurance, this only covers the building, not personal possessions or any damage an individual or their family members cause to the building. In the event of a fire or burglary, thousands of dollars may have to be spent to replace damaged, destroyed or stolen personal property.

Since the average cost of replacing the furnishing in a one-bedroom apartment costs about \$35,000 to \$40,000, renter's insurance is an investment, especially when the coverage usually costs approximately \$15 to \$40 per month.

After deciding to purchase a rental insurance policy there are a few steps to ensure the renter purchases the correct type of policy.

First, take a complete inventory of personal property. This should be an itemized list of all the things an individual owns, to include a description of the items, the dates of purchase, the estimated purchase value and current value, any serial numbers and receipts. This process can be enhanced by making a record of possessions with photos or videotape.

The inventory and records should be kept in a bank safe deposit box or watertight/fire-proof safe. Consider making copies of these documents to give to relatives or friends as a back up.

After taking an inventory and backing it up, make a determination of how much coverage is needed.

Before purchasing a policy, shop around.

Contact automobile insurance companies to find out if they offer renter's insurance policies. Compare prices and ask questions, because prices and policies can vary greatly between companies. Make sure to read a policy completely before signing the contract.

For more information about renter's insurance policies, call the legal office at 452-6796.

### What to look for, what to ask

- ♦ Standard insurance policies for renters do not cover certain types of losses. Ask agents what natural disasters or perils are covered in the policy and how much extra it will cost to cover those natural disasters not included in the basic policy.

- ♦ Some possessions such as jewelry, computers, silverware and collectable art are often subject to limited coverage or are not covered by the basic policy. Ask insurance agents about the different category limits or about purchasing a personal property rider or floater to insure the entire replacement cost of more expensive items.

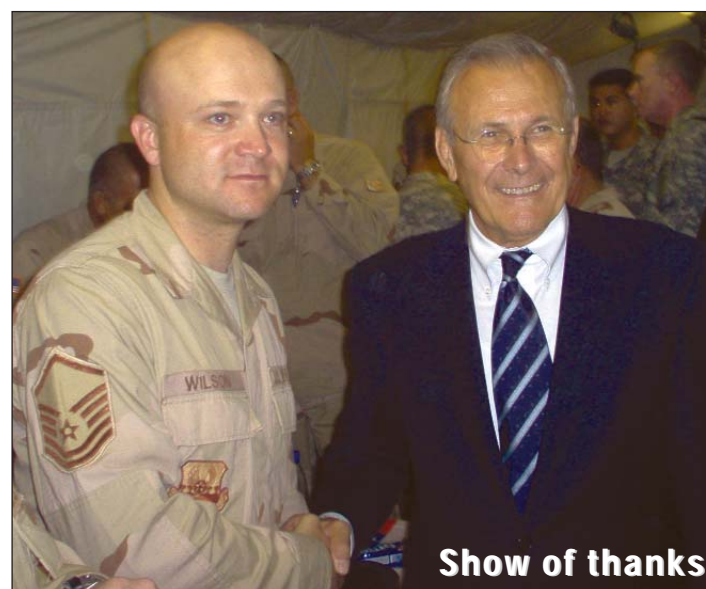
- ♦ There are two general types of renter's insurance policies. One insures personal property for the cash value of the items, which covers the depreciation cost of the items at the time of the loss or damage. A replacement value policy insures the replacement value of the items, which covers the cost of repurchasing the items today. Replacement value policies may cost a higher premium, but will payout more.

- ♦ Similar to auto insurance, renter's insurance companies offer different deductibles. The lower the deductible, the more the policy will cost.

- ♦ Ask the insurance agent whether there are territorial limits to the policy. A policy without these restrictions may also cover personal property when moving or traveling, especially overseas.

- ♦ Some companies offer discounts for holding multiple policies with them. Some companies will also offer discounts for having additional security measures in place such as deadbolts on doors, smoke detectors or security systems, being a non-smoker or being within a certain age group.

(Information courtesy of the 52nd Fighter Wing Judge Advocate Office)



Master Sgt. Richard Wilson, 606th Air Control Squadron deployed in support of Operation Enduring Freedom, meets Secretary of Defense Donald Rumsfeld during a visit to the area of responsibility July 11.

Show of thanks

Courtesy photo

## 52nd SFS accident report

There were no DUI's this past week. There were 10 minor accidents as well as four major car accidents last week. The causes of the minor accidents were: one from backing up, four from inattentive driving, one occurred in a parking lot, one for following too closely, two from speeding and in one the other driver was at fault. The major accidents occurred in Bitburg by the Toom market; on A-1; on L-34; and in the town of Auw. (Information courtesy of Amber Christiansen, 52nd Security Forces Squadron)





Courtesy photo

## Top Saber Performer

**Name:** Senior Airman Julie Greaser  
**Unit:** 703rd Munitions Maintenance Squadron  
**Duty title:** Client Support Manager  
**Hometown:** Bossier City, La.  
**Years in Service:** Four  
**Nominee's contributions to 52nd FW mission success:** Airman Greaser stepped up to assist the commander's support staff during a manning shortage. She volunteered more than 420 hours this quarter, learning all facets of the job to ensure no mission degradation for more than 130 geographically separated unit personnel at Volkel Air Base, Netherlands. She

processed more than 100 temporary duty assignment orders and 64 pieces of certified and registered mail. Airman Greaser is the epitome of a Top Saber performer for Volkel AB.

**Off-duty volunteerism and professional development pursuits:** She is an active member of the Unit Advisory Council, leads the Military Affairs Committee and is a member of Project Sober. Airman Greaser is currently pursuing her Community College of the Air Force degree.

**What do you do for fun?** I am currently working on a collection of poetry and I enjoy traveling Europe. I recently had the chance to travel to Paris for the first time.

**What do you like most about being stationed here?** The diversity in my job -- I have so many opportunities to grow professionally because of the opportunities afforded to me by my leadership.

**What's one thing you'd like to see changed or improved at Spangdahlem AB?** I'd like to see a better consideration for GSU personnel because so many of us are stationed three or more hours away. Better communication between bases would help alleviate a lot of the stress that comes with the distance.

## Dress Right, Dress



Below are recommendations from the 97th Air Force Uniform Board for uniform standards affecting women Airmen. The board approved several changes that affect women specifically:

- ♦ "Scrunchies" are prohibited;
- ♦ Hairpins and bands must match hair color;
- ♦ Hair color, frosting and highlights will not be fad-dish and will match natural hair colors, i.e. blonde, brunette, natural red, black or gray;
- ♦ No shaved head or flat top hairstyles for women;

- ♦ Synthetic hair can be worn, as long as it meets safety and mission requirements;
- ♦ Braids, micro-braids and cornrows are authorized;
- ♦ French manicures are allowed, but fingernail length in all instances will not exceed one-quarter inch beyond the fingertip;
- ♦ In addition to clutch-style purses, purses with no more than two straps are authorized with mess dress.
- ♦ Earrings will be small spherical, conservative diamond, gold, white pearl or silver with any uniform combination and must be worn as a set. Only one set of earrings will be worn in the lower earlobe and will also conform to these earring wear standards when performing duty in civilian clothes.

## Bag of goodies



Photo by Airman 1st Class Jeanne Schultz

52nd Maintenance Operations Squadron members Master Sgt. Roland Santiano, Staff Sgt. Rolando Amiel and Tech. Sgt. Robert Tenny, drop off bags donated by Spangdahlem Air Base Sabers to a Wounded Warrior Ministry Center volunteer at the Landstuhl Regional Medical Center July 14. The 52nd MOS collected more than 230 bags and \$1,300 in donations for the project. Base members came up with the bag drive when they heard wounded soldiers were being transported back to the United States and their belongings were flown home in trash bags.

## Eifel Salutes

### 52nd Operations Group

Blue skies ahead for Master Sgt. Craig Clark for providing solo weather support to more than 7,000 troops during NATO exercise Steadfast Jaguar. A patriotic salute to Senior Airman Leslie Dailey for performing the national anthem at the Bagram AB 4th of July flag raising ceremony. The forecast for Senior Airman Craig Shetterly is sunny after his eager design and coordination of the weather display at the base Open House.

### 52nd Mission Support Group

The Eifel Times salutes Megan DeBerry for winning a \$1400 University of Phoenix scholarship, and also congratulates the winners of the 2006 OCSC spouse scholarship: Jeremy Bigham, Lindsay Crescenzo, Carrie O'Dell and Deseri Pires.

### 52nd Maintenance Group

Tech. Sgt. John Barber spent hours coordinating training and tools to trim processes and shave time required for proper SNIPER



system capability. An e-Salute to Staff Sgt. Eric Davis for digitizing more than 4500 technical orders for maintainers. Stand up and salute Staff Sgt. William Atkinson for his efforts to repair engine test stands. A slam dunk by Master Sgt. Vince Carter as he completed his MBA.

### 52nd Medical Group

Senior Airman Brandy

Ferrara was burning up the road while supporting the MDOS admin section during staff changeover. Hats off to Tech. Sgt. Monica Desjardins and Staff Sgt. Erika Davila for leading AMDS fundraising efforts at recent wing-wide events. A big salute to Lt. Col. Julia Stoshak and Tech. Sgt. Benjamin Kratzer for planning, coordinating and executing superb medical support for the base Open House.

*Kudos to all; Team Eifel salutes you!*

*(Compiled by Capt. Mike Cumberworth, 52nd Fighter Wing Public Affairs Office)*



Photo by Senior Airman Eydie Sakura

## Top Saber Team

**Unit name:** 52nd Maintenance Operations Squadron, Programs and Resources Flight

**A brief description of unit responsibilities:** The team manages 52nd Maintenance Group programs such as the Cost Per Flying Hour Program for the F-16s and A-10s, computer assistance, deployment and readiness, plans, safety, security, manning, resource management and facilities management.

**Number of members:** Eight

**How does the team fit into the 52nd FW Mission?** The flight provides unique support to the equipment, component and aircraft maintenance squadrons by procuring and executing the Cost Per Flying Hour budget, the largest budget in the wing, for the 52nd MXG. The team's unit deployment manager and the readiness manager support the 52nd FW's "mobility machine" with all 52nd MXG deployments and temporary duty assignments. Their facility, security and manning team is the focal point for all security and property management concerns. They also provide senior maintenance group leadership a broad strategic sight-picture for upcoming manning reductions.

**Team's other contributions through the year?** The team provided Common Access Card reset services to the entire 52nd MXG to ensure a smooth transition with the new system. Team members sponsored and provided food for the Single Airmen's dinner for the month of May. They also volunteered and supported the wounded warrior bag drive. During the drive, volunteers collected more than 200 bags and raised more than \$1,300 for the wounded military members leaving Landstuhl Regional Medical Center.

## Sexual Assault Response Coordinator

The SARC serves as the single point of contact for integrating and coordinating sexual assault victim care from initial report through disposition and resolution of issues related to the victim's health and well-being. For more information, call the

SARC Office at 452-7272.



Bitter pill to swallow

## One AF family hopes their tragic loss can help save others

By Capt. Amy Sufak  
21st Space Wing Public Affairs

**PETERSON AIR FORCE BASE, Colo.** (AFPN) -- With a knock on his door late one evening, 1st Lt. Kevin Lombardo's entire life changed.

"One of my sergeants stood outside my trailer door clutching a note. My heart skipped a beat. He said I needed to call home now, something was wrong," the lieutenant said. "When I heard the sound of my wife Billie's voice, I knew it was serious."

While deployed to Iraq, Lieutenant Lombardo, an operations officer for the 21st Security Forces Squadron, learned his 3-year-old twins, a boy and a girl, were being rushed to the hospital after climbing into a kitchen cabinet, prying open a child-resistant prescription bottle and swallowing heart medicine.

"Knowing the twins were in comas and I still had a two-day journey home was the hardest thing for me," he said. "I couldn't be there for my family."

It was a difficult task to get home from Baghdad. The lieutenant and his fellow Airmen loaded a Humvee with weapons to safeguard against roadside threats; they traveled the dangerous route in the war-torn country to board a 2 a.m. jet. It took five connecting flights and 36 hours before the anxious lieutenant finally set foot in America.

He arrived 16 minutes after his little girl had died.

"No one ever expects something like this will ever happen to them," Lieutenant Lombardo said. "It just didn't seem real when I was told she was gone."

Dec. 27 had been a typical day at the Lombardos' home. Just two days after Christmas, all four children were in and out of their rooms, watching television and playing with new toys.

Mrs. Lombardo walked into the kitchen and her daughter Chloe told her, "Mommy I sick." The mother of four glanced at the clock -- 12:30 p.m., time for lunch. With one of her toddler twins resting on the bed in a nearby bedroom and Chloe sitting quietly at the kitchen table, she began making sandwiches. Chloe suddenly passed out at the table.

Lexie, the Lombardos' 10-year-old daughter, called 911. Chloe went into convulsions. Mrs. Lombardo found a half-spilled bottle of medicine and knew then that her other toddler who had been resting on the bed was lethargic from also swallowing medicine. The terrified mother waited desperately for help to arrive. Firefighters and an ambulance arrived within minutes and transported the twins separately to the hospital. Friends quickly arrived to stay behind with Lexie and her 7-year-old sister, Lidia.



**Three-year old twins Chloe and Kevin Lombardo, Jr., share a giggle while trying on daddy's hats the day before he deployed to Iraq. Chloe later died from swallowing prescription heart medicine.**

In the hospital, Chloe's tiny body could no longer fight the poisonous medicine. What little strength she had left seemed to transfer to her twin brother who miraculously survived the accident.

At 12:29 p.m. Dec. 29, Chloe Bella died.

The hospital nurses let her mother and grandmother give her a bath and wash the long chestnut curls of her hair. The other children got to hold her hand. For the next 14 hours extended family arrived to grieve their loss.

"When I finally saw her she looked like a perfect angel," Lieutenant Lombardo said.

The day before the memorial service in their Cleveland

hometown, the family viewed her tiny body in the coffin. Peering into her open casket her twin brother said, "Coco's sleeping."

The priest who a few years earlier baptized the twins, presided over Chloe's funeral.

The family also held a memorial service at the Peterson chapel. The responding fire and rescue crews came as well as Chloe's nurses from the hospital. The nurses gave Lieutenant Lombardo a handmade paper box that contained a perfect replica of his daughter's hand they had made from a plaster mold while preparing Chloe's body for burial.

The Lombardos shared their story to help others avoid the heartbreaking loss they experienced.

"This happens every day in America," Lieutenant Lombardo said. "They tell you to keep medicine out of reach of your children, but, really, it needs to be locked up. Now, my son has to grow up without his best friend, his twin sister."

According to the American Association of Poison Control, poison centers handle an average of one poison exposure every 14 seconds, totaling more than 2 million exposures in the United States annually.

The association reports that most poisonings involve everyday household items such as medicine, cleaning supplies, cosmetics and personal care items.

Mrs. Lombardo has found strength in sharing her message of securing household poisons. Standing in front of a locked wall cabinet filled with all of their household cleaners and medicine she said, "I tell people I don't even know they need to lock up their medicine. Kids are curious."

"Through the story of her death, Chloe is saving the lives of other children," she said.

## What to do if a child has been poisoned?

Get help immediately.

Do not wait for the child to look or feel sick.

### Follow these first-aid steps:

#### Swallowed Poisons:

\* Do not give the victim anything to eat or drink before calling the Poison Center or a doctor.

\* Do not make the child throw-up or give ipecac syrup unless a doctor or the Poison Center tells you to.

#### Inhaled Poisons:

\* Get the victim to fresh air right away. Call the poison center.

#### Poisons on the Skin:

\* Remove contaminated clothing and rinse the child's skin with water for 10 minutes. Call the poison center.

#### Poisons in the Eye:

\* Flush the child's eye for 15 minutes using a large cup filled with lukewarm water held 2-4 inches from the eye. Call the poison center.

For more poison prevention and first aid information or to locate your local Poison Center, visit the American Association of Poison Control Centers Web site at [www.aapcc.org](http://www.aapcc.org).

## Spangdahlem AB Family Advocacy nurse offers tips, advice on childproofing home

By Senior Airman Eydie Sakura  
52nd Fighter Wing Public Affairs Office

Putting a "Mr. Yuck" sticker on poisonous items, medications and dangerous objects would make life so much easier for many children and their parents. However, life is not always that simple.

A parent or guardian cannot always keep their eyes on a little one every second of every day, so learning about the things an infant or toddler can get into while someone's back is turned is vital for the safety of the child.

A common problem with toddlers is when they rummage through purses, bags and cabinets looking for food, candy or anything to explore and open. This can lead to children eating medications that could harm or kill them.

"I think it's important to repeatedly tell kids that medicine is not candy, and, do not focus on the taste of the medicine as a food," said Julie Crissinger, 52nd Medical Operations Squadron registered nurse. "People should tell a child it is medicine to help them feel better."

People who live on base should call the emergency room immediately if they see a child has swallowed medication or eaten poison. People living off base should call an ambulance.

"It is safer to call for an ambulance than putting a child in a car and driving to an ER," Ms. Crissinger said. "Parents will be upset and this could be dangerous on the road. The (Emergency Medical Responder) will start treatment immediately on the scene."

To learn more about poison control and childproofing a home for safety, call the Spangdahlem Air Base Family Advocacy Office at 452-8279.

### Child Safety in the Home:

♦ Get on a child's level: On your stomach for infants and hands/knees for toddlers to see things through their eyes;

♦ Put pet water dishes up -- Children can drown in one inch of water;

♦ Do not leave cleaning buckets unattended - best to have children in another room;

♦ Keep furniture away from windows -- toddlers climb and could get stuck in the German windows; only open the windows so they lean inside, and do not open fully as children can climb out;

♦ Use a lock box or lockable portable file for cleaning products and medicines (especially helpful if people cannot put latches on cabinets or cannot find them to fit);

♦ Ensure plants are not poisonous, such as poinsettias or lily of the valley;

♦ Ensure fans, lamps, or items with cords are out of reach -- children can use them to pull up to standing or pull on the cords (strangle); same in the bathroom: keep curling irons, shavers and hair dryers out of reach/unplugged;

♦ Transformers: keep out of reach or unplugged;

♦ Keep cat litter boxes out of reach or covered so children do not get into them;

♦ Position tables, chairs, shelving and other furniture so that they cannot be toppled easily (can crush child);

♦ Install safety gates at the top and bottom of stairs;

♦ Do not leave purses and briefcases out -- because of medications and lighters;

♦ Keep the deadbolt on the front door locked -- the German doorknobs are easy for toddlers to open.

### Need-to-know numbers

#### Ambulance Services

Spangdahlem AB: (DSN) 116

Spangdahlem AB: 06565-61-116

Bitburg Annex and GLH's: (DSN) 115

Bitburg and GLH's: 06565-61-115

German Ambulance: 112

Poison Control: 00800-444-88444.

Poison Control for Europe:

06371-86-7070



Shaping the future

First-line supervisors: This is where it happens

NCOs key to unit success, mission accomplishment, molding future Airmen

By Maj. Paul Cairney
52nd Security Forces Squadron commander

With 14 years in security forces and now commanding for my second time, I am reminded more than ever of the person who is the key to success in the unit.

It sure isn't me. It's the first-line supervisor. Here is where the success of any unit lies. Whether it means getting the mission accomplished or ensuring the training and well-being of our Airmen, I, as the commander, live and die on the efforts of my staff sergeants and technical sergeants. The first-line supervisor is the key to success.

The junior NCOs in any unit can have a greater impact on the way the unit functions better than commanders can. Sure, commanders can make policy all day long -- I can print out a policy letter, get it out to everyone and then type up a glowing performance report bullet on how I radically transformed my unit and set it on the road to success and saved the civilized world -- but no matter how brilliant a policy, it doesn't change a thing without the junior NCOs making it happen.

They are the "doers" in the squadron. This is especially true in a 24/7 unit, such as the 52nd Security Forces Squadron, when neither I nor my senior staff can always be out observing the day-to-day happenings of our sentries and entry controllers. We have to trust the junior NCOs to make it happen. Our trust is well founded. They make sure the job gets done.

When it comes to impacting our people, junior NCOs are just as critical as they are in the performance of the mission. Take the 52nd SFS for example. A large percentage of the 52nd SFS was just finishing up high school this same time last year, and now they are running around Spangdahlem Air Base with automatic weapons, 180 rounds of 5.56 ammo and the authority to give a lawful order to anyone on this base.

That thought might keep you awake at night, especially those of you who are parents of teenagers, but it need not. The NCOs are there to turn them into professionals and to help them handle responsibility. Whether it is handling deadly weapons, turning a wrench on a multi-million dollar aircraft or transporting bombs and missiles, our Airmen have to grow up fast, and it is our first-line supervisors who make it happen.

Along those same lines, these same Airmen, in many cases, have just left home for the first time to join the real world. While it is tough enough to leave home anyway, to be sent right away to a foreign country is more than just leaving their comfort zones -- it can be downright traumatic. And again, the ones who make sure the Airmen make it through this difficult transition are their first-line supervisors.

The supervisor has to do it all -- provide moral support for a young Airman who has just left home; set high standards which will give the Airman a sense of pride and accomplishment when he or she achieves them; provide a swift kick in the behind when the Airman earns it; and enforce the policies that the commanders -- for better or for worse -- put into play.

Front-line supervisors are all things to all men and women, and that is no easy role. It sounds cliché to say that supervisors are molding the future of the Air Force, but it is very true. Think about it. In a unit the size of the 52nd SFS, odds are that there are two or three future chief master sergeants among the first-term Airmen in the unit right now. My security forces manager, Chief Master Sgt. Bud Erwin, started his career as a brand new Airman here at Spangdahlem AB a few years ago.

We don't know yet who those Airmen are who will make it that far -- some may surprise us -- but there is no doubt that there are some staff sergeants who right now are laying the foundation for those who will lead the Air Force long after we retire.

It is possible that Airmen may forget who their first commanders were, but I will bet they will never forget who their first supervisors were. The first-line supervisor -- that's where it happens.

Warrior Ethos

Servicemembers showcase respect, courage, can-do attitude

Story by Lt. Col. Keith McBride
81st Expeditionary Fighter Squadron commander

After walking the Afghanistan flight-line to talk with our maintenance warriors for about an hour, I started thinking about the character of the American warrior.

The Merriam-Webster online dictionary defines character as, "the complex of mental and ethical traits marking and often individualizing a person, group, or nation." Our American warriors in Afghanistan display three traits -- respect for each other, personal courage and a can-do attitude.

The level of respect our Airmen hold for each other reinforces their character and defines them as American warriors. I see it daily in little discretions and overt willingness to pitch in and help a struggling fellow warrior. They open packages from home outside the sleeping quarters to avoid disturbing

slumbering shift workers, and they readily volunteer to make chow hall runs for those unable to leave their work center.

Our shifts are more than 12 hours a day, seven days a week, and yet we have many Red Cross and Operation CARE volunteers providing aid to hospitalized coalition soldiers and local Afghan orphans; and we readily pause from daily activities to line the streets and the flightline, honoring our fellow fallen warriors making their final trip home.

The personal courage displayed by our Airmen also sets them apart from any other fighting force in the world. One evening, while flying at sunset in Southern Afghanistan, I contacted a JTAC, an Airman whose six-man team is isolated for three days on top of ridge controlling aircraft against enemy targets.

He asked when our A-10s would arrive overhead. I told him, "five minutes." He said that would be just about right since they were surrounded and pinned down by a Taliban force at least 150 strong with heavy machine guns and rocket propelled grenades.

He was calm and collected on the radio as he worked the close air support mission, often putting the radio down so he could fire his weapon at the closer enemy positions.

Fifty minutes later, the remaining enemy retreated, and he and his team walked off that ridge to re-supply and re-establish their position. They went right back to the top of that ridge because that's what the mission required of them. Amazing personal courage.

Can-do attitude is another way of stating "focused on accomplishing the mission; whatever it takes." Maintenance on the A-10 fleet in Afghanistan requires some extreme

measures to keep around-the-clock air support over the fight.

Our A-10 maintainers have completed 10-day phase inspections in four days, changed weapons loads in 20 minutes -- usually a three-hour job -- and launched 130 percent of the scheduled aircraft and then rapidly turned them to get them back in the air.

They performed these amazing feats because our ground forces needed air support, and our Airmen knew it had to be done. Their can-do attitude is impressive and is saving many American and coalition lives.

The maintenance warriors here in Afghanistan exemplify character each and every day. Our nation depends on their personal character to carry us to an internationally respected victory in the Global War on Terrorism, and your Airmen are performing magnificently every day.



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Col. Darryl Roberson

Accessing Direct Line

The Direct Line program is a way to get answers to questions you still have after using your chain of command. Direct Lines of general interest will be published in the Eifel Times and may be edited or paraphrased for brevity or clarity. Submit your Direct Line via:
DirectLine@spangdahlem.af.mil
Mailed to 52nd FW/PA, Unit 3680 Box 220, APO AE 09126
To PA in building 23.
Concerns may also be sent via fax to 452-5254.
Anonymous inputs are accepted. To receive a personal response you must include your name and phone number. Call the Eifel Times at 452-5244 for more information.

Sortie Scoreboard

Aircraft	Goal	Flown	Delta
22FS	405	93	-18
23FS	325	160	-6
81FS	357	105	-28

\*Delta is contract vs. sorties flown to date.

Through July 16

Courtesy of the 52nd Operations Support Squadron Plans and Scheduling Section



*Editor's Note: Submit "Community" advertisements 10 days before the desired publication date to [publicity@spangdahlem.af.mil](mailto:publicity@spangdahlem.af.mil). Call the 52nd Fighter Wing Public Affairs Office Internal Information Section at 452-5244 for more information.*

## Chess program

Adults and children ages 6 and up can learn new strategies, play one-on-one games and have fun during the chess program at the Brick House this and every first and third Saturday of the month.

## Flea Market

Youth programs host a flea market Saturday from 9 a.m. to 1 p.m. at the Bitburg Middle School under the covered awning. For more information, call Patti Porter at 452-2906.

## Help the Fisher House

The Spangdahlem Spouses and Enlisted Members Club is collecting toiletries for guests at the Fisher House. Collection boxes will be at the Spangdahlem AB BXtra and Commissary and at the Bitburg Annex BX and Commissary Saturday through Aug. 7. There is a need for travel-sized items. For more information, call Kellie King at 06561-945167 or e-mail [hospitality@ssemc.org](mailto:hospitality@ssemc.org).

## Library closure

The Spangdahlem AB and Bitburg Annex Libraries will be closed for training July 28. In addition, the Spangdahlem Library will be closed Aug. 18 for the Children's Summer Reading Program. For more information, call 452-6203 or 452-9055.

## OCSC seeks Holiday Bazaar volunteers

The Officers and Civilians Spouses Club seeks a base organization to run a gift wrap booth at the Eifel Holiday Bazaar, Oct. 13-15. For more information, call Hilary Detmers at 06565-933-401.



Photo by Senior Airman Kristin Ruleau

## Meeting a legend

Marcelo Balboa, soccer announcer, signs a soccer ball for Jacob Woodcock, 10, son of Lt. Col. William Woodcock, 23rd Fighter Squadron, at the youth center July 14. Mr. Balboa was named the U.S. Soccer Athlete of the Year in 1992 and 1994. In 1995, he became the first U.S. player to break the 100-cap barrier. He recently arrived in Europe as a member of the 2006 FIFA World Cup U.S. announcing team.

## Thrift Shop

The Thrift Shop will re-open Tuesday from their summer break. Located in Building 410 on Spangdahlem AB and run by the Spangdahlem Spouses and Enlisted Members Club, the Thrift Shop offers a chance to shop for bargains or sell items through consignment. The Thrift Shop is open Tuesdays through Thursdays from 11 a.m. to 4 p.m. for consignments and until 5 p.m. for sales. Donations are welcome. For more information, call Diana Frisch at 452-2243 or e-mail [thriftshop@ssems.org](mailto:thriftshop@ssems.org).

## Summer reading program

It is not too late to sign up children for the U.S. Air Forces in Europe Summer Reading Program "Paws, Claws, Scales and Tales at the Library." Registration runs through July 31.

Children can be enrolled through the Spangdahlem AB or Bitburg Annex Library. For more information, call 452-6203 or 452-9055.

## Volksmarching meeting

The Eifel Wanderer Volksmarch Club holds a meeting June 29 to finalize plans for a bus trip to Stuttgart to hike six and 10 km. trails. The meeting is open to active duty, families and non-members. People who want to help in the planning process should arrive at Gasthaus Stein Reiter in Metterich at 6:30 p.m. to order dinner; the meeting begins at 7 p.m. The last day to sign up for the trip is June 29. For more information, call Sara Dooley at 06563-96200 or e-mail [eifelwander@hotmail.com](mailto:eifelwander@hotmail.com).

# Chapel Services

## Spangdahlem AB

### Catholic Mass

- ♦ Saturday, 5 p.m.
- ♦ Sunday, 8:30 a.m.
- ♦ Sunday, religious education, 9:45 a.m. (building 139)
- ♦ Monday - Thursday, 11:45 a.m.

### Protestant

- ♦ Sunday, 10:30 a.m., traditional service
- ♦ Sunday, 1 p.m., Korean service
- ♦ Sunday, 5 p.m., Sunday Night Live service

## Bitburg Annex

### Catholic Mass

- ♦ Sunday, 11:30 a.m.
- ♦ Monday, 8:30 a.m.

### Protestant

- ♦ Sunday, 8:15 a.m., Liturgical; 9:30 a.m., Contemporary; 1 p.m., Gospel Service

For more information about Jewish, Islamic, Rite of Christian Initiation for Adults or other faith needs, call the chapel at 452-6711/6281.



# GRAND OPENING

## AUGUST 4 • 4 p.m.

## Club Eifel, Bldg. 500

MEMBERS ONLY  
**FAMILY FUN NIGHT**  
**Thursday, July 27**

## 5-8 p.m.



Give mom the night off, and head over to Club Eifel for dinner! Besides a great meal, you'll also get an entire evening of entertainment for the kids! There's a laser light show, bouncy castle, and even a DJ!

**\$6.95 Adults • \$3.95 Children (6-12)**  
Kids 5 and under are FREE!



# Der Markt

## Free classifieds policy and submission deadlines

Der Markt is for the personal resale of items by military and civilian employees and their families. Items such as advertisements for rental property won't be published due to funded paper restraints. Ads should be 35 words or less and customers are limited to no more than two ads per week. Ads must be typed or printed legibly and turned into the public affairs office, building 23, at least **10 days before the desired date of publication**. Ads can also be e-mailed to [publicity@spangdahlem.af.mil](mailto:publicity@spangdahlem.af.mil) or sent via fax to 452-5254. Having ads in by deadline does not guarantee publication. Ads for services generating regular income will not be published. The ads must include the sponsor's name and telephone number. Ads not meeting these requirements, including those exceeding the designated word limits, will not be printed. The Eifel Times staff reserves the right to edit ads.



## Movies

The following movie listings are for today through July 27. Times and movies are subject to change. For more information, call 06565-61-9441 or 452-9441. For movie synopses, visit [www.aafes.com/ems/default.asp](http://www.aafes.com/ems/default.asp).

### Spangdahlem Skyline

Today

*Cars (G, 7 p.m.)*

A hotshot rookie race car discovers that life is about the journey, not the finish line, when he finds himself detoured in the sleepy Route 66 town of Radiator Springs.

*Poseidon (PG-13, 9:30 p.m.)*

When a luxury cruise ship capsizes in the North Atlantic Ocean, a small group of survivors finds themselves unlikely allies in a battle for their lives.

Saturday

*Goal! The Dream Begins (PG, 7 p.m.)*

Growing up in the poor section of Los Angeles, Santiago Munez labors at menial jobs to support his family while dreaming of playing professional soccer.

*Poseidon (9:30 p.m.)*

Sunday

*Cars (4 p.m.)*

*RV (PG, 7 p.m.)*

After promising a family vacation in Hawaii, Bob Munro abruptly changes course for a road trip to Colorado in a recreational vehicle to bring the family together.

Monday

*United 93 (R, 7 p.m.)*

The story of the passengers and crew, families on the ground and flight controllers who watched as United Airlines Flight 93 became the fourth hijacked plane on September 11, 2001.

Tuesday

*Cars (7 p.m.)*

Closed Wednesday and Thursday

### Bitburg Castle

Today

*The Break Up (PG-13, 7 p.m.)*

Brooke calls it quits with her boyfriend, Gary. When neither is willing to move out, the only solution is to continue living as hostile roommates until somebody caves.

*United 93 (R, 9:30 p.m.)*

Saturday

*Stick It (PG-13, 7 p.m.)*

A 17-year-old, ex-gymnastics star ends up on the wrong side of the law. Forced back into the sport to clean up her act, she gets the chance to make peace with her dysfunctional life.

*The Break Up (9:30 p.m.)*

Sunday

*Hoot (PG, 4 p.m.)*

Three students take on greedy land developers, corrupt politicians, and clueless cops after unearthing a threat to an endangered owl population.

*Stick It (7 p.m.)*

Closed Monday and Tuesday

Wednesday

*United 93 (7 p.m.)*

Thursday

*The Break up (7 p.m.)*



Photo by Iris Reiff

### Bustling Berlin

Berlin is the capital city and a state of Germany. The rapidly changing metropolis enjoys an international reputation for its festivals, vibrant nightlife, contemporary architecture and avant-garde arts. Berlin is located in northeastern Germany, about 40 miles west of Poland. Information, Tickets and Travel visits Berlin regularly. For information on upcoming trips to Berlin and across Europe, call 452-6567.

## Mainz offers variety of sites to see

*History, architecture throughout city showcases world-famous town*

By Iris Reiff

52nd Fighter Wing Public Affairs Office

Team Eifel members can join about 200,000 tourists from around the world who visit Mainz annually, and make a trip to the historic city. The following is a list of "must see" attractions for first-time visitors:

- ♦ The Dom (cathedral) of St. Martin: Built between 975 and 1011 to replace an earlier church, the structure had to be rebuilt once again after it was destroyed by fire. A late Gothic western choir and side chapels were added in 1239, and then following yet another fire in 1767, new stone crowns were added to the western side. The eastern spires were re-styled in a neo-Romanesque style in 1879. The Dom and Diocese Museum is located inside the Rococo choir and late Gothic cloister.

- ♦ The renowned Gutenberg Museum is located inside the Renaissance residence "Zum Roemischen Kaiser," and dates back to 1664. On display are memorabilia of the Bible printer Gutenberg as well as historical printing and books.

- ♦ St. Ignatius Church, built in 1775, shows the transition from Baroque to Rococo building styles.

- ♦ The State Theater, built in 1833 and expanded in 1912, offers everything from concerts to popular theater plays.

- ♦ The old Stadthalle (city hall) was reconstructed in 1968 and became Rheingold Hall, which now houses a casino.

- ♦ Holzturm, the former "wooden gate" of the medieval city

wall and a famous symbol of the city, is also where a popular wood market used to take place on the banks of the Rhine. The gate dates back to the 14th century.

- ♦ The Old Armory of the Prince Elector dates back to 1604, was updated in 1740, and now serves as State Chancery of Rhineland-Palatinate and is the seat of the Prime Minister.

- ♦ St. Stephen's Church is one of the nine collegiate churches in Mainz, founded in 950. The church is from the Gothic period with exquisite cloisters of the late Gothic period, to include nine stained-glass windows with scenes from the Old Testament, designed by renowned artist Marc Chagall.

- ♦ The Deutschhaus was built in 1732 as headquarters for the German Knights. It later served as residence of Napoleon I and, from 1816 to 1818, the Archduke of Hesse. Today it is the seat of the Rhineland-Pfalz state.

- ♦ The Schoenborner Hof Estate dates back to 1670 and was the late Renaissance palace of the Prince Elector Johann Philipp von Schoenborn. Extensive gardens and sandstone structures were erected in 1865 on the northern part of the building.

Besides offering a walk through history, the town of Mainz is a media metropolis. It's home to several major German broadcasting stations, and tours of them are available upon request.

So whether you're a history buff, a media hound or someone simply looking for a nice place to eat lunch, Mainz has just about everything you need.

## Out and About

*(Editor's note: Times and dates are subject to change.)*

- ♦ Enjoy the AvD oldtimer Grand-Prix European Championship races **Aug. 11-13** at the Nuerburgring racetrack. This is a unique event. Entry is free for children up to age 17. For more information, go to [www.avd.de](http://www.avd.de) or call 01805-311210.

- ♦ Catch the 21st International Truck Grand Prix **Friday** through **Sunday** at the Nuerburgring racetrack. For details, go to [www.truck-grand-prix.de](http://www.truck-grand-prix.de).

- ♦ See a Formula 1 race **July 28** at the Hockenheim Ring racetrack.

- ♦ Enjoy Festa Ducati, Germany's biggest Desmo-party **July 29-30** at the Nuerburgring racetrack. Entry is free. For more information, go to [www.ducati.de](http://www.ducati.de).

- ♦ See the musical "Carmen" **Sunday** in front of the Trier Dom cathedral.

- ♦ Enjoy the annual "Rock am Waldrand" rock festival **July 29** at the forest stage in Salmtal-Doerbach.

- ♦ See David Copperfield **Oct. 5** at 5:30 p.m. and 9 p.m. at the Trier Arena.

- ♦ See the "Fuego de Flamenco" open air concert **Aug. 19** at 8 p.m. inside the Imperial Palace courtyard, or Innenhof des Kurfuerstlichen Palais.

- ♦ Attend the Wittlich pig burners festival **Aug. 18-21**.

- ♦ The 51st Rhein In Flames festival of Koblenz takes place **Aug. 12**. The event draws nearly 500,000 visitors each year to experience fireworks on a 17-km. stretch between Spay and Koblenz along the Rhein River.

*Information, Tickets and Travel offers the following trips. Call 452-6567 or e-mail [52svs.itt@spangdahlem.af.mil](mailto:52svs.itt@spangdahlem.af.mil), or visit the office in Spangdahlem AB building 124 at least two weeks before events to reserve seats.*

- ♦ Karlsbad Crystal and Czech Flea Market, **Aug. 4-5**. Cost is \$78 per seat.

- ♦ Paris, one overnight, **Aug. 5-6**. Cost is \$239 for adults and \$219 for children (3-12).

- ♦ Castles of the Eifel, **Aug. 6**. Cost is \$48 for adults and \$42 for children (3-12).

*Outdoor Recreation offers the following trips. Call 452-7071 at least two weeks before events to reserve seats.*

- ♦ Holland Scuba trip, **Aug. 5**. Cost is \$80 per seat.

- ♦ Intro. to Scuba, **Aug. 9** and **23**. Cost is \$35 per person.

- ♦ Baltic Deep Sea fishing, **Aug 12-13**. Cost is \$140.



Photo by Senior Airman Eydie Sakura

A sculpture of Saturn is one of the nine planets on The Planets' Track in St. Vith, Belgium. The track is a 3 km. trek in the country, signifying the expanse of the solar system and the size of the different planets in relative-dimension to the universe. Take A-60 toward St. Vith; drive through the town following signs toward U.S. Memorial and park in the residential area.



## Sports Briefs

### Cheerleading camp

Kaiserslautern High School hosts the Universal Cheer Association Cheerleading Camp Sept. 1-3. The camp is open to all prospective high school cheerleaders. Participants will learn cheers, sideline chants, dances, partner stunts and safety techniques. For more information, call Jane Varalli at 489-7541 or e-mail her at [jane.varalli@eu.dodea.edu](mailto:jane.varalli@eu.dodea.edu).

### Track, field volunteers needed

The U.S. Forces in Europe Track and Field meet takes place in Baumholder, Germany, July 29. Volunteers are needed to assist with duties throughout the day, including setup crew; registration, results and awards teams; announcer; field events team; track events team; teardown crew and photographer. For more information, call Master Sgt. Bryon Grays at 452-1951 or 452-6201.

### Flag football meeting

A coaches meeting for flag football teams takes place Aug. 2 at 3 p.m. in the Skelton Memorial Fitness Center conference room. The season kicks off Aug. 14. For details, call the fitness center at 452-6634.

### Hockey players needed

The 2006 USAFE Ice Hockey tournament champions, the Bitburg Bears varsity-level hockey team, need players for their upcoming season. The season runs October to April. For more information, call Master Sgts. Tom Poeschel at 452-5648 or Jeff Barr at 452-7410.

### Martial arts classes available

- ♦ Practice Tai Chi Quan Mondays and Wednesdays from noon to 1 p.m. in the Spangdahlem AB Youth Center and Tuesdays and Thursdays from 6-8 p.m. in the Bitburg Annex fitness center. Call Klaus Van Den Boom at 452-2392 for more information.
- ♦ Kuk Sool Won classes take place Mondays, Wednesdays and Fridays at 6:30 p.m. in the Spangdahlem AB fitness center.
- ♦ Aikido classes take place Tuesdays and Thursdays at 6 p.m. in the Spangdahlem AB fitness center.

### Wall climbing available

The rock climbing room is open for certified climbers. To learn wall climbing techniques and to gain certification, call the Spangdahlem AB fitness center at 452-6634.

### Massages available

Massage therapy is now available at the Bitburg Annex Community Center, building 2012. A one-hour Swedish or sports massage costs \$45. A 30-minute reflexology or upper body massage costs \$25. Call Valerie Valentin at 06553-901368 24 hours in advance to schedule sessions. Payments can be made at either community center.

### HAWC news, information

For more information on these classes, visit the Health and Wellness Center Intranet site at <http://intranet/52fw/52mdg/HAWC> or call the center at 452-6955 for details.

- ♦ The HAWC offers a variety of classes to promote healthy lifestyle changes. They include LEARN, Jump Start, Better Nutrition, Cholesterol Management and Tobacco Cessation.
- ♦ Did you know that the HAWC has a wellness resource library? They have books and videos on healthy living including: heart health, managing blood pressure and cholesterol, tobacco cessation, stress management, nutrition and fitness and so much more! Stop by the HAWC to check these out to read or watch in the privacy of your own home.

### Football camp in August

European Football Camp 2006 takes place Aug. 15-18 at Ansbach High School in Germany. The camp is open to all high school players. Registrations costs \$100 and includes a jersey, camp t-shirt, camp photo, drinks, awards, footballs, and most meals. Visit [hsfootballeurope.net](http://hsfootballeurope.net) or call Mike Laue today at 452-9393 for more information.

### Air Force sports list available

The 2006 Air Force Sports calendar is now available for view-



Photos by Tech. Sgt. Pamela Anderson

(Top) Steven Holman, 52nd Civil Engineer Squadron, makes a hit during the 2006 Intramural Softball Championship game July 13. The 52nd CES swept the playoffs throughout and earned the base championship title for the second year in a row.

(Right) Erik Johansen, 52nd Aircraft Maintenance Squadron, pitches during the game.



Pitcher perfect

## HAWC offers diet, fitness tips

### Staff reports

The U.S. Department of Agriculture and Health and Human Services Dietary Guidelines describe a healthy diet as one that:

- \* Emphasizes fruits, vegetables, whole grains and fat-free or low-fat milk and milk products;
- \* Includes lean meats, poultry, fish, beans, eggs and nuts;
- \* Is low in saturated fats, trans fats, cholesterol, salt (sodium) and added sugars.

Below is a list of ideas and suggestions for families who want a leaner family.

### Tips for families to eat healthy

- ♦ Make half the grains whole -- Choose whole-grain foods, such as whole-wheat bread, oatmeal, brown rice and low-fat popcorn;
- ♦ Vary the veggies -- Go dark green and orange with vegetables, eat spinach, broc-

coli, carrots and sweet potatoes;

- ♦ Focus on fruits -- Eat them at meals and at snack time. Choose fresh, frozen, canned or dried, and go easy on the fruit juice;
- ♦ Consume calcium-rich foods -- To build strong bones, serve low-fat and fat-free milk and other milk products several times a day;
- ♦ Go lean with protein -- Eat lean or low-fat meat, chicken, turkey and fish. Change it up by eating more dry beans and peas. Add chick peas, nuts or seeds to a salad; pinto beans to a burrito; or kidney beans to soup;
- ♦ Change the oil -- Get oil from fish, nuts, and liquid oils such as corn, soybean, canola and olive oil;
- ♦ Avoid sugarcoating -- Choose foods and beverages that do not have sugar and caloric sweeteners as one of the first ingredients. Added sugars contribute calories

with few, if any, nutrients.

### Tips for families to stay fit

- ♦ Set a good example -- Be active and get the family to join you. Have fun together. Play with the kids or pets. Go for a walk, tumble in the leaves, or play catch;
- ♦ Take the President's Challenge as a family. Track individual physical activities together and earn awards for active lifestyles at [www.presidentschallenge.org](http://www.presidentschallenge.org).
- ♦ Establish a routine -- Set aside time each day as activity time. Walk, jog, skate, cycle or swim. Adults need at least 30 minutes of physical activity at least three days a week, while children need 60 minutes every day;
- ♦ Have an activity party -- Make the next birthday party centered on physical activity. Try backyard Olympics, or relay races. Have a bowling or skating party.

(Information courtesy of the Health and Wellness Center)



Photo by Capt. Michael Cumberworth

### Running man

Ryan Poock, 16, son of Col. Chris Poock, 38th Munitions Maintenance Group, finishes first in the Skelton Memorial Fitness Center's Family 5K Fun Run July 14 with a time of 18 minutes 35 seconds. Juergen Stockemer, 52nd Services Squadron, keeps time at the finish line.